

# MEMO



**RECREATION DEPARTMENT**  
OPERATED BY THE WAIWATOSA SCHOOL DISTRICT

**DATE:** November 14, 1990  
**TO:** ALL INSTRUCTORS/PROGRAM COORDINATORS  
**FROM:** Rick Beattie  
**RE:** Winter/Spring Bulletin

7600 West North Avenue  
Waiwatosha, WI 53213  
778-6510

Enclosed is a copy of your section as it will appear in the Winter/Spring Bulletin. Please check it over and if you have any additions or corrections we would appreciate hearing from you on or before Monday, November 19. Thank you.

**cc:** Office Staff

**Age:** High School thru adult  
**Location:** EAST (use entrance off 74th Street)  
**Day:** WEDNESDAYS  
**Season:** MARCH 13 thru MAY 15  
**Times:** 7:30 - 9:30 PM  
**Fee:** \$12

Send check or money order to:

Milwaukee Radio Amateurs' Club, Inc.  
c/o Ed Seruga  
3840 South 43rd Street, Apt. 21  
Milwaukee, WI 53220

Enclose name, address, phone number, and a stamped, self-addressed #10 envelope.

If you have any questions, please call Dave DeFebo at 362-3634 (days), or Ed Seruga at 545-6299, or write to Milwaukee Radio Amateurs' Club, Inc., P. O. Box 91, Milwaukee, WI 53201.

#### **RADIO AMATEUR LICENSE TESTING**

Tests given for all grades of amateur radio licenses the first Wednesday of the month, February thru June (except for April) 1991.  
**Time:** 7:00 - 9:30 PM

#### **AEROBIC EXERCISE FOR MEN AND WOMEN**

Class #424

A program of light exercise and stretching done to music.

**Age:** 55 years and older

**Location:** EAST

**Days:** TUESDAYS AND WEDNESDAYS  
(Class meets twice a week)

**Season:**

**Winter:** JANUARY 29 thru APRIL 25  
(exc. 4/2 & 4/4)

**Times:** 9:45 - 10:30 AM (Sec. 2)

**Instructor:** Becky Jest

**Fee:** Res. \$15; Non-Res. \$23

Maximum students per class: 50.

**Note:** Participants should consult their physician before enrolling in the class.

#### **SENIORS' ATHLETICS - Suburban Senior Athletic Club**

For men, 55+; women, 50+.

Monthly meetings are held every 3rd Thursday of the month in the Longfellow School Little Theatre at 1:00 PM and athletic/game activities are planned throughout the year under the direction of Robert Christensen.

Bob represents the Wisconsin Senior Olympics for the Wauwatosa

your mouth.

5. "Horse Play" is not allowed on or around gymnastic equipment.

NOTE: Parents - During your child's first class there will be an informational meeting. Fliers regarding the program will be distributed. Please plan to attend. You are invited to observe from the hallway area during classes. We ask, however, that spectators refrain from entering the gymnasium area.

## JUDO

Class #418

Introduction to competitive, olympic style Judo. Wear loose fitting clothes without belt buckles and sweat shirts without hoods or zippers. Shoes and socks are never worn. Official judo uniforms are available, but not required and can be purchased thru the instructor. Additional information will be given. Parents are invited to a 20 minute orientation during the first class.

Age: 6 thru 18 years

(Adults may register with consent of instructor)

Location: WEST (upstairs gym)

Days: WEDNESDAYS

Season:

Winter: JANUARY 23 thru MARCH 13

Times: 7:00 - 8:00 PM

(Sec. 2)

Program Coordinator: Norm Miller

Fee: Res. \$20; Non-Res. \$30

Maximum students per class: 60.

## KARATE

Class #419

An introduction to practical self-defense fundamentals of blocking, kicking, and releases.

Age: 12 thru Adult

Location: WEST (upstairs gym)

Days: WEDNESDAYS

Season:

Winter: JANUARY 23 thru MARCH 13

Times: 8:00 - 9:00 PM

(Sec. 2)

Program Coordinator: Norm Miller

Fee: Res. \$20; Non-Res. \$30

Maximum students per class: 60.

## RADIO AMATEUR LICENSE CLASSES

Instruction in code, theory, and law to pass the FCC examination for Novice, Technician, General, Advanced, and Extra Grade Licenses. For further information send a stamped, self-addressed #10 envelope to the address listed below.